

The Mango Inn Bed and Breakfast

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Our Favorite Recipes

Mango-Mustard Glazed Chicken

- **1 cup chopped peeled mango**
- **1 cup pineapple juice**
- **½ cup apricot or peach preserves**
- **½ cup dry white wine**
- **1 ½ tablespoons stone-ground mustard**
- **1 tablespoon cornstarch**
- **1 tablespoon water**
- **6 (4-ounce) skinned, boned chicken breast halves**
- **¼ teaspoon salt**
- **¼ teaspoon pepper**
- **Cooking spray**

Combine first 7 ingredients in a bowl; stir well with a whisk.

Sprinkle chicken with salt and pepper. Heat a large non-stick skillet coated with cooking spray over medium heat until hot. Add chicken; cook 3 minutes on each side or until browned. Remove chicken from pan. Add mango mixture; bring to a boil. Return chicken to pan; reduce heat, and simmer 15 minutes or until chicken is done and sauce thickens, stirring occasionally.

Make 6 servings